

Inborn Errors of Metabolism (AK 35-USDA 351)

Explain to Participant	You're enrolled in the WIC program today because you or your baby was born with a condition that affects how your/your baby's body breaks down the food you/your baby eats. Following a specific diet, as recommended by your doctor, will help you/your baby to be healthy. Managing your diet may include the use of special formulas.	
Goal	The goal is to promote making good food choices of high nutritional quality adequate to your medical condition.	
Suggestions for Reducing Risk	<p>Follow your health care provider recommendations.</p> <p>See your doctor regularly to monitor your condition.</p> <p>Refer to a Registered Dietitian (RD).</p> <p>Follow the recommended dietary plan.</p> <p>Explain the nutrition education material suggested.</p>	
Nutrition Education Material Suggested	The Nutritionist will be contacting you to find out what your health care provider has recommended. They may offer some suggestions to help you follow those recommendations.	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information		